



## Commonwealth of Kentucky Cabinet for Health and Family Services

### Statewide News Advisory

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### **September is National Preparedness Month** *Be Ready, Be Steady, Show and Go!*

**FRANKFORT, Ky. (Sep. 6, 2017)** – As part of the 52 Weeks of Public Health campaign, the Kentucky Department for Public Health (DPH), within the Cabinet for Health and Family Services (CHFS), is reminding the public that households, businesses and communities can increase their preparedness by following the four simple steps of ***Be Ready, Be Steady, Show and Go!*** during September – National Preparedness Month (NPM).

This nationwide effort is organized each year by the U.S. Department of Homeland Security to encourage citizens to prepare and plan for emergencies in their homes, business and schools. This yearly observance was founded after 9/11 to increase preparedness awareness in the U.S., a fitting time to join the effort to help communities prepare for emergencies, such as natural disasters and potential terrorist threats, and to encourage individuals to take action.

“Emergencies and disasters such as Hurricane Harvey can happen anytime and anywhere often without notice and we all need to take time during National Preparedness Month to remember to be prepared should emergencies or disasters strike,” said Dr. Hiram C. Polk Jr., DPH commissioner. “Remember that preparedness is a shared responsibility - it takes a whole community to prepare and respond to emergencies. In essence, we must work hard to prevent things that we hope never happen.”

The four simple steps of ***Be Ready, Be Steady, Show and Go!*** Can encourage households, businesses and organizations to prepare for emergencies during National Preparedness Month by taking the following actions:

1. ***Be Ready*** – Build an emergency supply kit and emergency plan. Ensure that your kit contains essential items to keep you and your family self-reliant for several days without utilities, electricity, and water or without access to a supermarket or local services. A detailed list of items to be included in the kit can be found at <https://www.ready.gov/kit>. Make sure that everyone reads the plan and knows where to meet up when an

emergency or disaster strikes. Remember to practice your plan with regular drills. For information on writing a plan visit <https://www.ready.gov/make-a-plan>.

2. **Be Steady** – Maintain a level of readiness through trainings such as CPR classes, fire drills, maintaining your emergency supply kit and updating emergency plans.
3. **Show** – Inspire others to prepare through volunteerism, talking about preparedness and sharing online content of preparedness material with others.
4. **Go!** – Know where to go in an emergency and what to do when you get there.

For more information about preparing for and responding to emergencies visit <http://www.ready.gov>.

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*The Cabinet for Health and Family Services is home to most of the state's human services and healthcare programs, including the Department for Medicaid Services, the Department for Community Based Services, the Department for Public Health, and the Department for Behavioral Health, Developmental and Intellectual Disabilities. CHFS is one of the largest agencies in state government, with nearly 8,000 full- and part-time employees located across the Commonwealth focused on improving the lives and health of Kentuckians.*